



teaspoons of peace

Personal Peace



THE GLOBAL GOALS
For Sustainable Development

- A smile can go a long way - giving & receiving
- Breathe - when frustrated or angry, stop and take 5-10 deep soulful breaths
- Work towards alternatives & win/win solutions
- Build love engineers - change within to change society. From small things big things grow
- Create shared pathways for the future with your fragile relationships
- Speak to your own feelings and perspectives not guessing what the other person is doing
- Communication is the key - open and honest
- Gain perspectives and celebrate diversity
- Listen from within & how to serve the world
- Know what strong & positive peace looks like
- Take the path often less travelled of honesty, inclusion, generosity & common humanity

Find out more: teaspoonsofchange.org